



WORKING WELLNESS

Good Health is Good Business

SEPTEMBER
2013

is...

Childhood
Cancer
Awareness
Month

Prostate
Awareness
Month

National
Childhood
Obesity
Awareness
Month

National
Cholesterol
Education
Month

Leukemia &
Lymphoma
Awareness
Month

And more!

For more
information on these
observances or
future observances,
go to U.S.
Department of
Health and Human
Services at

www.healthfinder.gov/nho

HEALTH FAIRS

WHAT: HEALTH ASSESSMENT

WHO: FLORIDA BLUE & MCB OCC

WHEN: SEPTEMBER 24th & 25th & OCT. 22nd
@ 9:00am - 1:00pm

WHERE: HARVEY GOVT CENTER SEPT. 24TH
NELSON GOVT CENTER SEPT. 25th
MARATHON GOVT. CENTER OCT. 22nd

REGISTER TODAY AT:

<https://pickatime.com/client?ven=11606590>

DOOR PRIZES WILL BE ON SITE!

Come join us and be a possible recipient of the door prizes that were made available to us through the generosity of our insurance providers and local businesses!

KEY WEST

- Sugar Apple
- KW Golf Club
- Sunset Watersports
- Fury Water Adventures
- Mary Kay Basket
- Island Gym
- Gravity Pole Fitness
- Paradise Fitness
- The Pilates Studio of KW
- Stay Fit

MARATHON

- Food for Thought
- Pirate Wellness Center
- Boondocks
- Good Food Conspiracy
- Total Wellness Center
- Nicks Fitness Express

KEY LARGO

- The Mindful Mermaid
- Robbie's Deep Sea Fishing
- Curves
- Key Largo Yoga
- Florida Blue, Envision, United Concordia, VSP, Hartford and Aetna will also be providing door prizes.

SPOTLIGHT OF THE MONTH: Gallagher Benefits Service Inc.



Powered by: Gallagher Benefit Services, Inc.



- Check out the Gallagher Benefits Home Page by clicking on the link below:
https://pcms.plansource.com/entities/22597/pub_nodes/1019
- Check out the Gallagher Benefits Newsletter by clicking on the link below:
<https://ajg.adobeconnect.com/a815130238/p3z8xtrsdm7/>
- Check out these print ready posters for your employee bulletin boards:
<https://ajg.adobeconnect.com/a815130238/p7zvee526zw/>

SPOTLIGHT OF THE MONTH: EAP Webinars

If you are interested in any of these upcoming Webinars or have any questions; please see contact information below.



SEPTEMBER 6 @ 3pm- Being a Team with your child's teacher

SEPTEMBER 10 @ 3pm- Intuition: Hearing and Trusting your inner voice

SEPTEMBER 19 @ 3pm- Surviving the college application process: Tips for parents



Available 24/7 @ **1-800-272-7252**

Or

Register at: www.mylifevalues.com

Login: MCBOCC Password: MCBOCC



CONSUMER CORNER

SAVE MONEY! \$\$\$

Shop around for the best deal on your medical test

Submitted By: Meri-De Mercado, Sr. Benefits Coordinator 305-292-4450

Did you know that you can shop around to save money on your medical care?

Shopping for non-emergency care can save you BIG dollars.

Florida Blue provides a cost comparison feature.

Log onto <http://www3.bcbsfl.com/wps/portal/bcbsfl>

Choose the 'Tools' tab and 'Compare Medical Cost'

For example, if I had been having severe headaches for a long time, my doctor might order a CT scan of my brain to be sure that I have one. My doctor would write a prescription for a CT Scan without contrast, procedure code 70450.

CHECK OUT THE DIFFERENCES:

PROVIDER NAME:	KEY WEST DIAGNOSTIC	LOWER KEYS MEDICAL CENTER	FISHERMEN'S HOSPITAL	HOMESTEAD DIAGNOSTIC CENTER
ADDRESS:	3414 DUCK AVE KEY WEST, FL 33040	5900 COLLEGE KEY WEST, FL 33040	3301 OVERSEAS HWY MARATHON, FL 33050	5190 OVERSEAS HWY MARATHON, FL 33050
CONTACT INFO:	(305) 295-9771	(305) 294-5531	(305) 743-5533	(305) 440-2169
TYPICAL COST:	\$230	\$1,991	\$527	\$325
Example: I already paid my \$300 deductible and have not reached my \$7,500 out of pocket max for the year. My out of pocket cost is 25% In-network.	\$57.50	\$497.75	\$131.75	\$81.25

The bottom line is that it pays to shop for medical cost!

The difference is more than \$400 out of my pocket.

I could pay as much as \$497.75 or as little as \$57.50!

Can you guess where I am going to go if I need a CT scan?

COMP CORNER

Providing you with continuous general information on your Workers' Compensation benefits.

Not Just A Lot Of Hot Air

Hot weather and **under**-inflated tires are a dangerous combination.

The heat and hot roadways contribute to the **breakdown** of tires and a greater likelihood for tire failure.

Tire failure causes approximately **11,000** crashes a year.

The most **common cause** of failure includes tread separations, blowouts, bald tires and under-inflated tires.

Under-inflation leads to poor fuel economy, sluggish handling, longer stopping distances and increased stress in tire components.

Properly maintained tires **improve** the steering, stopping, traction and load carrying capability of vehicles and can improve mileage by 3.3%.

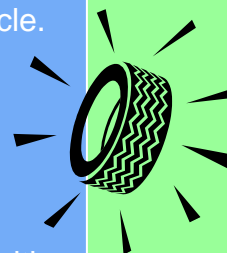
Follow the recommended tire pressure for your vehicle.

Keep a tire pressure gauge in your vehicle.

Tires lose one PSI every month, **Monitor the tread** on all tires on your vehicle.

Try the penny test:

Place a penny in the tread of your tires with Lincoln's head upside down and facing you. If you can see the top of Lincoln's head, your tire has less than 2/32 of an inch of tread and you're ready for new tires.



Injured workers are also encouraged to visit the Division of Workers' Compensation website at www.fldfs.com/wc where you will find extensive information such as publications, a number of databases, rules, and forms that will give you a better understanding of workers' compensation.

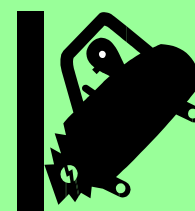
A word from the Safety Officer

As part of Monroe County's commitment to provide employees and citizens a safe and healthful work environment, we have partnered with Florida's Department of Transportation (FDOT) in its campaign to raise awareness on the issue of **Texting While Driving**.

As part of the "**Put It Down Campaign**" beginning August and running through November, you will be receiving "E Blast" emails weekly that contain bulletins, videos and personal stories regarding the dangers of texting while driving.

Keep an eye out for the campaign poster that you will soon see throughout our County facilities.

Also, information regarding Florida's new Texting While Driving Law will be discussed. Please remember, ***the new law takes effect October 1st***.



Sources are referenced and available upon request. It is not our intention to diagnose or treat illness. For personal health problems or major changes in diet or exercise, please consult your physician. If you have any questions or concerns, please contact the Benefits Office at 305-292-4446 or extension 4446. Website links shown may be disabled.